

Benefits of Spoon Feeding:

Creates happy, healthy mealtimes

Less tooth decay

Improved speech development

Helps prevent overfeeding
and excess weight gain

BE PATIENT

Feeding with
a spoon is a
new experience
for your baby.

At first, your baby
may spit out
the new food.

It may take many tries
to get used to the
flavor and texture
of a new food.

KEEP TRYING!

DO NOT PUT CEREAL IN THE BOTTLE

DO NOT USE AN INFANT FEEDER

It could:

- cause choking
- delay learning to spoon feed
- make learning to eat table foods harder.

Spoon Feed For a Healthy Start

At about 4 to 6 months start to
spoon feed your baby.

Your baby is ready for a
spoon when he/she can:

Sit supported
and
hold head up

Remove
food
from a
spoon with
lips and
tongue

Turn head
away when full

Show interest in
what you are eating

HOW TO START

Start with rice cereal

**Mix 2 parts breastmilk
or formula + 1 part
rice cereal**

As your baby gets used
to the cereal, make it thicker

Next food=plain pureed
Vegetables

Adapted from the MA WIC Program

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